



HEALTHY EATING POLICY

At Mary Queen of Peace Primary School we want to encourage healthy eating amongst our pupils.

We have consulted with parents, pupils and staff and as a result have adopted a Healthy Eating Policy.

(January 2017: 96% of parents endorsed the Healthy Eating proposals in a survey of parental opinion, with a further 3% recommending stronger healthy eating guidelines. A copy of the survey's finding can be found on the school's website: www.mqpglenravel.com/downloads.)

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

PROMOTING HEALTHY EATING IN OUR SCHOOL

As part of our Healthy Break Policy, **children:**

- Will eat **only** fruit, vegetables or bread based products at breaktime.
- Will drink **only** milk or water at breaktime.

As part of our Healthy Lunchbox Policy, **children:**

- Will have **one treat only**.
This should be a yoghurt or a bar.
Crisps should **not** be included in lunchboxes.
- Our Lunchtime Policy on Drinks will be water and juice **only**.

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As part of our Healthy Eating Policy, **parents / those with parental responsibility:**

- Will be provided with information on the foods and drinks that are suitable for break and lunchtime.

As part of our Healthy Breaks Policy, the **school:**

- Will only supply foods and drinks that are permitted (milk @ 20p per day).

The foods and drinks recommended in the Healthy Breaks Policy may be suitable for some therapeutic diets. However the child's dietary requirements devised by the dietician should be adhered to. If any issues arise teachers will consult parents/carers or relevant health professionals for advice.

Water will be allowed in the school as a breacktime drink and throughout the day.

The school will not accept sponsorship from companies which may undermine the healthy eating ethos of the school.

The healthy eating messages will be reinforced throughout the child's school day.

The school will monitor the policy regularly.

M. Conlon
[Principal]

January 2017

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